



The Ellyn Satter Institute Presents:

A No-cost Two-part Webinar

By feeding authorities Inés Anchondo, DrPH, RD, LD, CSP;
Pam Estes, MS, RD, CD and Ellyn Satter, MS RD LCSW BCD

Early Weight Gain, Childhood Obesity & Adult Disease Risk

Mark your calendar and join us for these important presentations:
Thursday, February 21 & Thursday, February 28
Both sessions 1:00 PM - 2:00 PM Central

The Ellyn Satter Institute is pleased to present: *Early Weight Gain, Childhood Obesity & Adult Disease Risk*. This is a two-part webinar series.

Session 1: February 21, 2013 - *Does (rapid) early weight gain cause adult disease and obesity?* Presented by Ines Anchondo and Ellyn Satter. In session 1 we will:

- Explain what is rapid early infant weight gain
- Describe how rapid early infant weight gain relates to childhood obesity and risk of disease later in life.
- Examine rapid early infant weight gain and growth patterns to determine typical growth distortions.
- Describe the implications of this research for the clinician, researcher, and parent.

Session 2: February 28, 2013 - *(Rapid) early weight gain: Catch-up growth or weight acceleration?* Presented by Ines Anchondo, Pam Estes, and Ellyn Satter. In session 2 we will:

- Differentiate between normal catch-up growth and weight acceleration.
- Describe the role of feeding dynamics in supporting optimal weight gain.
- Demonstrate the assessment of feeding/growth problems.
- Demonstrate fdSatter based intervention

These are free webinars, but spots fill up fast! Register today at: <https://www2.gotomeeting.com/register/522804602>

Questions? Email Clio: Clio@ellynsatterinstitute.org

Have you seen our new website? www.ellynsatterinstitute.org Check out our previous webinars on Division of Responsibility as a County-wide Obesity Prevention Strategy, Raising Children with Special Needs to be Competent Eaters and Preventing Child Overweight and Obesity: Raising Children to be Competent Eaters.

About the Presenters:

Inés Anchondo, DrPH, RD, LD, CSP is a registered dietitian with a doctorate in public health and a specialty in pediatric nutrition. Dr. Anchondo lives and works right on the US-México border where she counsels parents in English and Spanish on different nutrition topics. Her research interests include: breastfeeding, eating competency, and childhood obesity. Dr. Anchondo has extensive experience with the Satter Models.

Pam Estes, MS, RD, CD is a registered dietitian with 16 years of experience working with the Satter Models. Pam lives and works in Indianapolis, Indiana where she consults one-on-one and also trains professionals. Her diverse work experience includes WIC, Consumer Education Extension, Early Intervention, and Health Risk Management.

Ellyn Satter, MS RD LCSW BCD is a therapist, author and lecturer. She is a Registered Dietitian and a holder of the Diplomat in Clinical Social Work. Her best-selling books including: *Child of Mine: Feeding With Love and Good Sense* and *Your Child's Weight: Helping without Harming* as well as journal and magazine articles, teaching materials, seminars, and media interviews have made her well known as an authority on nutrition and feeding.